

# TRIANGLE OA RECOVERY NEWS

## Step 6 Prayer

### Step 6 Prayer

*“God, I still cling to some things that I have admitted are objectionable. Help me to be willing to let them go.”*

Big Book page 76

Dear God,  
I am ready for Your help  
in removing from me the defects of character  
which I now realize are an obstacle to my recovery.  
Help me to continue being honest with myself &  
guide me toward spiritual & mental health.

[OA Steps \(1-12\) Meditation and Prayers • OASV](#)



## STEP 6-

Were entirely ready to have God remove all these defects of character. *Spiritual Principle:*  
*Willingness*

Quote. — OA 12&12 p

*As there were no submissions for Step 6 Please enjoy this writing from  
LIFELINE OA*

STEP 6: WISHY-WASHY [Step 6: Wishy-Washy - Lifeline \(oalifeline.org\)](http://oalifeline.org)

I recently had to change out my dishwasher. That doesn't seem like a big thing, but I put it off as long as I could. I used duct tape for months to keep the front panel on. Even after I needed extra rinses to get the dishes clean, I still took a couple of weeks to order a new dishwasher.

Then I had anxiety about the new one coming. It would be different. Would it work as well? Would I have trouble loading it? Maybe it wouldn't be as good as the old one.

I really didn't have the anxiety long, because in our program, I have learned to identify my feelings and figure out what to do. I realized I was afraid of the change and wanted to hold on to what I was comfortable with.

Once I realized this, it was easy to move on. The old dishwasher wasn't working and didn't even look good because of the duct tape. Why would I want to keep it? Just because it was known to me? By doing Step Six, I learned that I sometimes want to keep my old way, even if it doesn't work for a new healthy life, simply because I am comfortable with the old and it is known to me.

Thank you so much for OA, where I am learning how to live in ways that help me move forward and be healthy.

— Marjorie K., Bloomfield Hills, Michigan USA



## TRADITION 6

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. *Spiritual Principle: Solidarity*

Quote. — OA 12&12 p

*As there were no submissions for Tradition 6 Please enjoy this writing from LIFELINE OA*

*Tradition 6 : Simplicity* [Tradition 6: Simplicity - Lifeline \(oalifeline.org\)](http://oalifeline.org)

With money, property, or prestige comes responsibility. We already have enough responsibility. When anyone, anywhere, reaches for help, I want the hand of OA to always be there, and for that I am responsible.

I struggle along well enough, one day at a time, in this world of confusion and misunderstanding. I get some relief from my addiction, and then suddenly I become an authority on matters that have nothing to do with our primary purpose. I am like that. I am easily distracted. I have the best intentions. Wouldn't it be great if we could rally behind this cause or that movement? C'mon, everyone! Join me! Join me and my bankrupt idealism and my insatiable appetite for more. More what? Everything!

Let's not louse this thing up.

The Traditions not only allow us to play well together, but also they deepen our experience with humility. This expression of humility, staying right-sized, keeps our focus on helping others and sharing that which has been freely given to us, from one addict to another. This is our primary purpose. Carrying a message of depth and weight requires simplicity.

— Edited and reprinted from OA Today newsletter, St. Louis Bi-State Area Intergroup, June 2015



## Concept 6

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous. *Spiritual Principle: Responsibility*  
Quote —12 Concepts of OA Service p.

## As there were no submissions for Concept 6 Please enjoy this writing from LIFELINE OA

Responsibility and reward – [Responsibility and Reward - Lifeline \(oalifeline.org\)](http://oalifeline.org)

Service is both the responsibility and the reward for recovery through the Twelve Steps of Overeaters Anonymous.

During my thirty-plus years in OA, I've had many service positions. I've loved every one of them and learned from them too. Service has taught me about myself, about human nature and addictive behavior, and about my weaknesses and assets; it's also taught me how important the Twelve Traditions and kindness are.

OA is not an eleven-step program. Early on, I was taught that if I want recovery, I have to be fully committed, and that includes working Step Twelve, otherwise known as doing service. Service keeps me in the game and thinking about something other than myself. I always wanted to be "a part of," yet never felt I was until I started doing service in OA.

Trust, trust, trust! When I was afraid I was not good enough or ready to do the service I was asked to do, another trusted servant told me, "God doesn't call the prepared; he prepares the called." I also learned that just because I was willing didn't mean I would be automatically selected for service. I had to practice three things: 1) trusting God, 2) getting my head wrapped around not being invested in any outcome, and 3) being gracious no matter what the result.

Rotate, rotate, rotate! When I get the hang of a service position, I tend to think I'm the best person to do that job, forever and ever. But I was also taught the importance of rotation of service. When a member stays too long in any one position, that service can become stagnant, and the opportunity for new blood is lost. Sometimes service junkies like me want to jump from one position to another within a service body to avoid the established limits. But as I study the Traditions, I understand that while this practice may be within the letter of the law, it's not in the spirit of the law. Learning to let go and trust God to provide has been part of my spiritual growth.

— Edited and reprinted from OA Virtual News newsletter, Third Quarter 2017

## **TOOL OF THE MONTH:**

### **Telephone**

Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsors and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others.

—OA Tools of Recovery pamphlet, p.3



## **OTHER SUBMISSIONS RELATED TO OUR RECENT SERENITY DAY!**

### **Walking the Labyrinth**

I was fortunate to attend the 12<sup>th</sup> Step Within Committee's live Serenity Day on May 18 at Millbrook Baptist. I saw two people that I hadn't seen for many years and met a number of people that I had only seen on Zoom. All of the activities were valuable to me—discussing meditation, a doable art project, and Tai Chi. However, the most meaningful activity for me was walking the labyrinth. For that reason, I'm sharing a few reflections on that experience for those of you who could not attend.

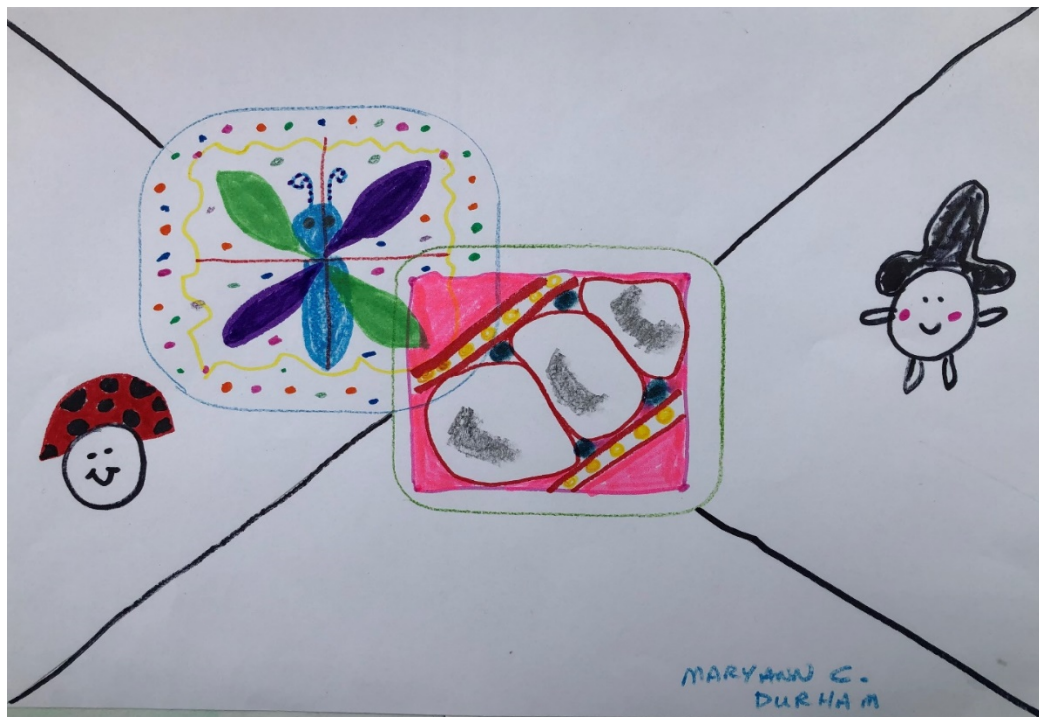
Before entering the labyrinth, we were instructed to think of an intention—what we hoped to receive from HP. As it had been on my mind, I asked for guidance in dealing with my low energy—to accept it if it was just a normal part of aging or be given the willingness and ability to change it if it was the character defect of sloth. I entered last because I was using a rolling walker and did not want to block anyone else's path. I also felt, having looked at the design of the labyrinth posted nearby, that I didn't understand how I would ever get to the center. They told me that it was a labyrinth, not a maze, but I still had reservations.

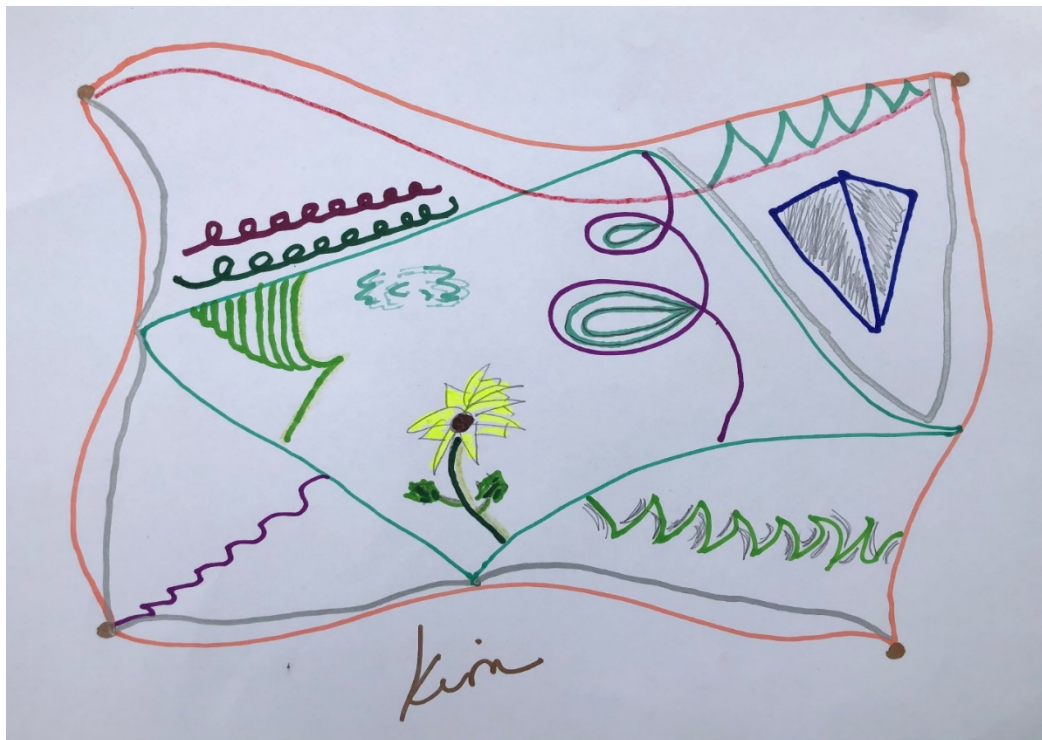
The first thing I realized, analogous to working the 12 steps, was that there was one path that would lead me to the center if I didn't give up on it. I

didn't have to find one of many, there was *one* and I just had to stick to it, even if I could not clearly see how/where it would lead me. The next thing that was eye opening was that my relationship to others on the path, and to the center, kept changing in unanticipated ways. I would be very close to a friend at one moment and in a few minutes, we would be on opposite sides of the space. At times it would seem that I was almost to the center, and then I would seem far away again and have to take it on faith that I was really making progress. As I kept returning my mind to my intention, I feel like I was given my answer in the form of a mantra, "Use spiritual energy, not compulsion." I realized that a lot of my activity was compulsive and then it would just run down and I'd flop into the chair. I am trying now to remember to ask for the spiritual energy to do the things HP has for me to do—including writing this article.

I finally found myself in the center of the labyrinth. I paused and prayed the 3<sup>rd</sup> and 7<sup>th</sup> step prayers and some personal prayers. Then, with greater trust and a lighter step, I began following the deceptive but effective path home.

Mary Anne in Chapel Hill





**Minutes: Triangle OA Intergroup Meeting  
Saturday, May 18, 2024—10:15am to 11:20am**

**Attendance:** Anne (Chair), Mary Anne (Treasurer), Dana (Secretary, Durham Sun 10am), Heather (Webmaster, Carrboro Sun), Cindy R (Raleigh Sat am), Kristy M (Tue 7pm Zoom), Mel(12 Step Within, Chapel Hill Thu), Colleen (Newsletter Editor), and Karen (Vice Chair, SOAR Rep).

**Review and Approve Minutes – March 2024 -** Approved, as written.

**Treasurer's Report (Mary Anne, submitted electronically)**

- Approval requested to open a Venmo account for IG (does require a phone number). Can consider a Google voice account that is \$10 per month.

Triangle IG #09314	March	April	May
<b>Balance at Beginning of Month</b>	\$13,538.99	\$13,783.49	\$14,599.94
<b>Balance at Time of Meeting</b>	\$13,620.57	--	\$11,814.61
<b>INCOME</b>			
Group Contribution	\$144.00	\$946.20	\$249.00
Chapel Hill Tue 6pm #32098			\$249.00
Durham Sat 10am #20756		\$83.40	
Greenville Thu 7pm #46318	\$144.00		
#801300		\$862.80	
Intergroup 7th Trad	\$60.00	\$30.00	
Serenity Day 7th Trad	\$20.00		
Sale of donated literature			\$35.00
Special contribution for billboard	\$175.00		
<b>TOTAL INCOME</b>	<b>\$543.00</b>	<b>\$1,922.40</b>	<b>\$533.00</b>
<b>EXPENSES</b>			
<b>Operating Expenses:</b>			
Website hosting (small orange)			\$227.76
Email/Web Services (Google)	\$39.22	\$43.20	\$43.20
Clip art for newsletter			
Bank service charges	\$1.28	\$2.55	
<b>Operating subtotal</b>	<b>\$40.50</b>	<b>\$45.75</b>	<b>\$270.96</b>
<b>Outreach and Representation:</b>			
PIPO (special expense, Billboard)			\$1,725.00
WSO Rep Expenses			\$959.37
<b>Outreach and Representation Subtotal</b>			<b>2684.37</b>
<b>TOTAL EXPENSES</b>	<b>\$40.50</b>	<b>\$45.75</b>	<b>\$2,955.33</b>
<b>Balance at End of Month</b>	<b>\$14,041.49</b>	<b>\$15,660.14</b>	<b>\$12,177.61</b>
<b>PRUDENT RESERVE</b>			
Beginning PR balance	\$4,001.16	\$4,001.19	\$4,001.22
Interest	0.03	0.03	0.03
<b>Ending PR Balance</b>	<b>\$4,001.19</b>	<b>\$4,001.22</b>	<b>\$4,001.25</b>



## Standing Committee Reports

**Secretary (Dana)** - None

**WSO (Neill, Cheryl)** – Defer to July; Neill en route home today, Cheryl was not able to attend

**SOAR (Karen)** - Will write up a report from recent PIPO Mtg. Suggested to log into regional site (Region 8 Soar Website) and use to connect to social media for outreach.

**High Tech (Heather)** - Sent Treasurer information on increased Zoom fees. Recommend making Minutes posted on Website HTML pages. Anne and Heather will meet in June to discuss. HTML address with or without http(s) - sometimes get a law office - will investigate.

**Group Outreach (Margaret)** - Not present.

**Newsletter (Colleen)** - Need writers, as usual. Interested in changing positions. Ideas for future: Engage a committee of non-intergroup folks to participate.

**Public Information/Professional Outreach (Liz V.)** - No present.

**12 Step Within (Mel, Diane)** - Today is Serenity Day in Raleigh. Lots of conflicts for the 9/21 event. May consider changing the date. Will need committee members in the future. Email for more information - 12stepwithin@triangleoa.org.

## Ad Hoc Committee Reports

**P&P/Bylaws (Mary Anne & Helen)** - Mary Anne went through bylaws and made corrections that were voted in recent years and marked up needed edits - sent to Helen for review. Will have for July mtg questions or draft amendment language for debate or change. Send to trustee for approval once completed.

**Update IG Rep duties (Heather & Helen)** - Heather has summarized (9 bullets). Will send to Helen for review. Can add to newsletter once approved. Add to July agenda. Add in recruiting Newsletter writers.

**Literature Disbursement/Storage Unit Closure (Cynthia, Kathy, Karen)** - Karen is taking literature to today's in-person serenity day.

## BUSINESS

**September meeting in Wilmington:** Need a sub to take minutes, or to make it hybrid as Dana will be at the Black Mountain retreat. Cynthia has volunteered to take minutes.

Travel plans, lodging

May want to drive down Friday night - opportunity to bring guests. May consider lunching together after the meeting. Each will make their own travel plans. We will want to let Margaret know how many are coming.

**Update on staying connected to groups without IG Reps:** Dana started a list in the March minutes, Anne added missing meetings; note that while Neill, Cheryl, and Karen cannot be official reps (as they rep WSBC and SOAR), they may unofficially represent meetings with no rep below. Anne & MaryAnne attend meetings already represented by others. We have 20 meetings (removed Fuquay Varina, which is closed), of which 9 have reps and 2 or 3 more might have folks who aren't official reps but attend IG regularly. So, half. Those without reps or attendees as shaded orange. I also note half are in person or hybrid (10 of 20). Check back in with Kristy, Mel and Margaret on coastal and Greenville locations.

Meeting	Type	IG Rep	Regular Attendee
Durham Sun 10:30am Struct. House	in person	Dana B	NA
Carrboro Sun 4pm	Zoom	Heather	NA
Greenville Mon 7pm	Zoom		
Havelock Tues 11am	in person		

Meeting	Type	IG Rep	Regular Attendee
Durham Tues/Thu 12:30pm	Zoom	Helen	NA
Chapel Hill Tues 6pm	Zoom	Kathy Z	NA
Raleigh Tues 6:30pm	in person		Neill?
Raleigh Tues 7pm	Zoom	Kristy M	NA
Raleigh Wed 7am	Zoom	(Mel will check)	Mel
Wilmington Wed 12pm	in person	Margaret	NA
Hillsborough Wed 6pm	hybrid		Karen
Oak Island Thurs 11 am	in person	Caroline T	NA
Chapel Hill Thu 7pm	Zoom	Mel	NA
Greenville Thurs 7pm	Zoom		
Apex Thurs 7pm	hybrid	(Kristy will check)	
Raleigh Sat 9am	Zoom	Cindy R	NA
Wilmington Sat 10am	in person		
Raleigh Sat 10:30am	in person		Neill?
Durham Sat 11am	in person	Colleen	NA
Greenville Sat 11	Zoom		

## **Intergroup Rep share with local group:**

- Reminder to Treasurer - When sending contributions include the group ID, city, location and time.
- Need writers for newsletter. Can submit any month on any topic due by the 15th of the month for the following month. Will be held for the future.
- Upcoming Events:
  - 7/13 Triangle OA Serenity Day: Focus on Service
  - 9/21 Triangle OA Serenity Day: Focus on Steps 1, 2, and 3 - may be canceled due to conflicts.
  - 11/16 Triangle OA Serenity Day: Focus on Principles
- Intergroup Nominations Sept - Elections in November (anyone able to attend)
  - Chair - Open
  - Newsletter - Open
  - Secretary
  - Group Outreach
  - 1 WSBC Reps
  - 2 Soar Reps
  - 12 step Within - Open

## **ANNOUNCEMENTS :**

### **12th Step Within**

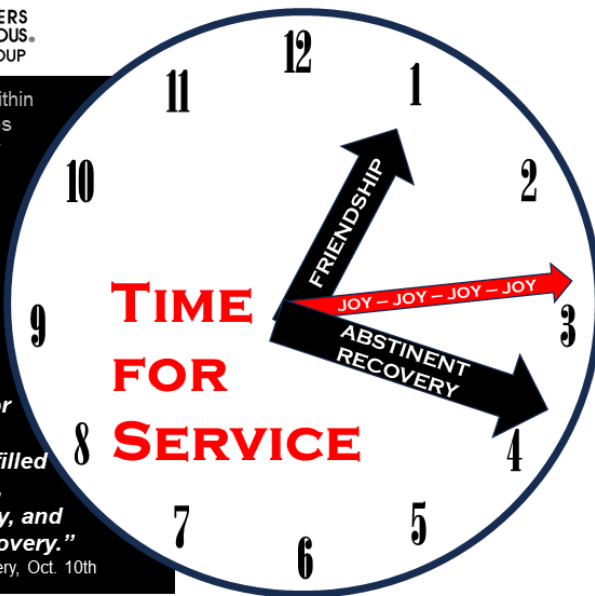
On Saturday May 18, OA fellows from the Triangle and adjacent areas (as far as the Sandhills of NC and southeastern VA) enjoyed an in-person serenity day focused on meditation. We had time for sharing our personal experience, strength, and hope on meditation which “is an action that gives us much-needed practice in the art of sitting still and opening our hearts to receive spiritual nourishment.” (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, p. 79). We were also able to participate in a labyrinth walk, tai chi, and meditative drawing using zentangles. We hope you will enjoy the zentangles created at our serenity day and pictured in this newsletter!

**Our next Serenity Day will be Saturday, July 13th from 1-3 PM** on Zoom. We hope you will join us for some serenity, experience, strength and hope about the tool of service. The Zoom meeting ID is 813 4970 0196 (there is no passcode, just sign into the room and you will be admitted by security hosts. Activities include: speakers; movement; fun; and question/answer and sharing time.



The 12<sup>th</sup> Step Within Committee invites you to join us for some serenity, experience, strength and hope!

*“Every time I give service without counting the hours I give or looking for a reward, I am filled with freedom, friendship, joy, and abstinent recovery.”*  
- Voices of Recovery, Oct. 10th



**Workshop details...**  
**Saturday, July 13, 2024**  
**1:00 PM – 3:00 PM EST**

Other time zones: 12-2 CST; 11-1 MST; 10-12 PST

**Zoom details:**

**Meeting ID: 813 4970 0196**

Enter meeting ID: Meeting hosts will admit fellows!

Suggested 7<sup>th</sup> Tradition donation of \$5.

**Activities include:**

- Three speakers sharing experience, strength, and hope
- Movement
- Fun activity
- Question/answer and sharing time
- We invite you to bring a journal.

For questions, please email: [12stepwithin@triangleoa.org](mailto:12stepwithin@triangleoa.org)

OA Responsibility Pledge. Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

## Newsletter DEADLINES

The newsletter is published early in the month related to its content (so issue 1, content on Step/Tradition/Concept 1, is published in early January. Submission deadlines are the 15th of the previous month (see list below). Remember, without you, we have no content! Please send your ideas, original writings, artwork, or puzzles to [newsletter@triangleoa.org](mailto:newsletter@triangleoa.org).

*The opinions expressed are those of OA members and not of Overeaters Anonymous as a whole.  
For more information about OA, please visit Triangle OA's website or [www.OA.org](http://www.OA.org).*

The theme is always the step, tradition, or concept of the month (so, Step/Tradition/Concept 1 in Jan, and so on etc.) and associated spiritual principles, but you can always share whatever is on your heart regardless of the theme!

### Upcoming dates:

June 15: deadline for July newsletter

July 15: deadline for August newsletter

August 15: deadline for September newsletter

September 15: deadline for October newsletter

October 15: deadline for November newsletter

November 15: deadline for December newsletter

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[newsletter@triangleoa.org](mailto:newsletter@triangleoa.org) • [webmaster@triangleoa.org](mailto:webmaster@triangleoa.org)  
Email the webmaster to subscribe to the newsletter by e-mail.

### Intergroup Trusted Servants for 2023:

Chair: Anne L. ([chair@triangleoa.org](mailto:chair@triangleoa.org))

Vice Chair: Karen V.

Treasurer: Mary Anne S. ([treasurer@triangleoa.org](mailto:treasurer@triangleoa.org))

Secretary: Dana B.

WSBC Delegates: Neill M. & Cheryl Y.

SOAR Reps: Karen V. and [vacant]

Webmaster: Heather O. ([webmaster@triangleoa.org](mailto:webmaster@triangleoa.org))

Newsletter: Colleen B. ([newsletter@triangleoa.org](mailto:newsletter@triangleoa.org))

Group Outreach: Zach P. ([outreach@triangleoa.org](mailto:outreach@triangleoa.org))

Public Info/Professional Outreach: Liz V.

12th Step Within: Mel F., Diane C. ([12stepwithin@triangleoa.org](mailto:12stepwithin@triangleoa.org))

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